



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 15029, Fish, flatfish (flounder and sole species), cooked, dry heat

Report Date: June 25, 2017 18:48 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 127g	3.0 oz 85g
Proximates						
Water	g	81.11	--	--	103.01	68.94
Energy	kcal	86	--	--	109	73
Energy	kJ	362	--	--	460	308
Protein	g	15.24	--	--	19.35	12.95
Total lipid (fat)	g	2.37	--	--	3.01	2.01
Ash	g	1.49	--	--	1.89	1.27
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	0.00	--	--	0.00	0.00
Sucrose	g	0.00	--	--	0.00	0.00
Glucose (dextrose)	g	0.00	--	--	0.00	0.00
Fructose	g	0.00	--	--	0.00	0.00
Lactose	g	0.00	--	--	0.00	0.00
Maltose	g	0.00	--	--	0.00	0.00
Galactose	g	0.00	--	--	0.00	0.00
Starch	g	0.00	--	--	0.00	0.00
Minerals						
Calcium, Ca	mg	25	--	--	32	21
Iron, Fe	mg	0.23	--	--	0.29	0.20
Magnesium, Mg	mg	22	--	--	28	19
Phosphorus, P	mg	309	--	--	392	263
Potassium, K	mg	197	--	--	250	167

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 127g	3.0 oz 85g
Sodium, Na ^a	mg	363	--	--	461	309
Zinc, Zn	mg	0.39	--	--	0.50	0.33
Copper, Cu	mg	0.023	--	--	0.029	0.020
Manganese, Mn	mg	0.017	--	--	0.022	0.014
Selenium, Se	µg	32.6	--	--	41.4	27.7
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.026	--	--	0.033	0.022
Riboflavin	mg	0.025	--	--	0.032	0.021
Niacin	mg	1.278	--	--	1.623	1.086
Pantothenic acid	mg	0.227	--	--	0.288	0.193
Vitamin B-6	mg	0.115	--	--	0.146	0.098
Folate, total	µg	6	--	--	8	5
Folic acid	µg	0	--	--	0	0
Folate, food	µg	6	--	--	8	5
Folate, DFE	µg	6	--	--	8	5
Choline, total	mg	79.9	--	--	101.5	67.9
Vitamin B-12	µg	1.31	--	--	1.66	1.11
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	12	--	--	15	10
Retinol	µg	12	--	--	15	10
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	37	--	--	47	31
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.77	--	--	0.98	0.65
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Tocopherol, beta	mg	0.02	--	--	0.03	0.02
Tocopherol, gamma	mg	0.01	--	--	0.01	0.01
Tocopherol, delta	mg	0.32	--	--	0.41	0.27
Vitamin D (D2 + D3)	µg	3.5	--	--	4.4	3.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 127g	3.0 oz 85g
Vitamin D3 (cholecalciferol)	µg	3.5	--	--	4.4	3.0
Vitamin D	IU	139	--	--	177	118
Vitamin K (phylloquinone)	µg	0.1	--	--	0.1	0.1
Lipids						
Fatty acids, total saturated	g	0.542	--	--	0.688	0.461
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.004	--	--	0.005	0.003
12:0	g	0.008	--	--	0.010	0.007
14:0	g	0.106	--	--	0.135	0.090
15:0	g	0.008	--	--	0.010	0.007
16:0	g	0.346	--	--	0.439	0.294
17:0	g	0.004	--	--	0.005	0.003
18:0	g	0.065	--	--	0.083	0.055
20:0	g	0.001	--	--	0.001	0.001
22:0	g	0.000	--	--	0.000	0.000
24:0	g	0.001	--	--	0.001	0.001
Fatty acids, total monounsaturated	g	0.657	--	--	0.834	0.558
14:1	g	0.000	--	--	0.000	0.000
15:1	g	0.000	--	--	0.000	0.000
16:1 undifferentiated	g	0.111	--	--	0.141	0.094
17:1	g	0.033	--	--	0.042	0.028
18:1 undifferentiated	g	0.439	--	--	0.558	0.373
20:1	g	0.073	--	--	0.093	0.062
22:1 undifferentiated	g	0.001	--	--	0.001	0.001
24:1 c	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.459	--	--	0.583	0.390
18:2 undifferentiated	g	0.055	--	--	0.070	0.047
18:3 undifferentiated	g	0.021	--	--	0.027	0.018
18:4	g	0.015	--	--	0.019	0.013
20:2 n-6 c,c	g	0.006	--	--	0.008	0.005
20:3 undifferentiated	g	0.009	--	--	0.011	0.008

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 127g	3.0 oz 85g
20:4 undifferentiated	g	0.018	--	--	0.023	0.015
20:5 n-3 (EPA)	g	0.168	--	--	0.213	0.143
22:4	g	0.002	--	--	0.003	0.002
22:5 n-3 (DPA)	g	0.034	--	--	0.043	0.029
22:6 n-3 (DHA)	g	0.132	--	--	0.168	0.112
Fatty acids, total trans	g	0.014	--	--	0.018	0.012
Cholesterol	mg	56	--	--	71	48
Amino Acids						
Tryptophan	g	0.197	--	--	0.250	0.167
Threonine	g	0.719	--	--	0.913	0.611
Isoleucine	g	0.754	--	--	0.958	0.641
Leucine	g	1.335	--	--	1.695	1.135
Lysine	g	1.561	--	--	1.982	1.327
Methionine	g	0.560	--	--	0.711	0.476
Cystine	g	0.183	--	--	0.232	0.156
Phenylalanine	g	0.624	--	--	0.792	0.530
Tyrosine	g	0.588	--	--	0.747	0.500
Valine	g	0.800	--	--	1.016	0.680
Arginine	g	1.099	--	--	1.396	0.934
Histidine	g	0.374	--	--	0.475	0.318
Alanine	g	0.948	--	--	1.204	0.806
Aspartic acid	g	1.698	--	--	2.156	1.443
Glutamic acid	g	2.614	--	--	3.320	2.222
Glycine	g	0.786	--	--	0.998	0.668
Proline	g	0.599	--	--	0.761	0.509
Serine	g	0.712	--	--	0.904	0.605
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Footnotes

^a Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 105 mg sodium/100g.